

Track 1

Week	Homework Due This Week	Homework Link	What to Discuss
<input type="checkbox"/> Week 1 2/12-2/18	N/A	N/A	Share stories
<input type="checkbox"/> Week 2 2/19-2/25	EHD Personal Assessment	PDF: https://www.emotionallyhealthy.org/wp-content/uploads/2021/03/EHD-Personal-Assessment-2021.pdf	EHD discussion: surprises, hard parts and easy parts of filling out the survey. Did you have push back on any specific questions/sections? Where do you want to grow?
<input type="checkbox"/> Week 3 2/26-3/4	Intro and Ch 1	Optional podcast: https://practicthewayarchives.org/teaching/the-ruthless-elimination-of-hurry	Which unhealthy spirituality symptoms do you resonate with? What challenges keep you from slowing down your life to be with God? How might brokenness or weakness in your life today present an opportunity for God's power to be demonstrated? What is one step you can take today to slow down and live more attentively to the voice of Jesus?
<input type="checkbox"/> Week 4 3/5-3/11	Ch 2		What are you angry about? Sad About? Anxious about? Glad about? Where in your life is it difficult to be your true self? What might it look like for you take off armor that you are currently wearing that does not fit you?
<input type="checkbox"/> Week 5 3/12-3/18	Ch 3		How did your family do conflict growing up? What messages about life did you receive from your caretakers growing up? How might those messages be similar or different than what Jesus tells us about ourselves?
<input type="checkbox"/> Week 6 3/19-3/25	Ch 4		Read Gen 22:1-14.... <ol style="list-style-type: none"> 1. How might Abraham have experienced a dark nigh?In light of this story, how is your image (or idea) of God challenged? 2. What are some possible reasons you have a hard time accepting and moving through "Walls"? 3. What does it mean for you to trust God in the slow work of God?

Track 1-2

Track 1-1

Week	Homework Due This Week	Homework Link	What to Discuss
<input type="checkbox"/> Week 7 3/26-4/1	Ch 5		<ol style="list-style-type: none"> 1. As you were growing up, how did you deal with your disappointments and sadness? 2. Go over and identify the Common Defenses list the group leader has 3. In what ways is God bringing you to your knees before him through difficulties and setbacks in your life today? 4. In what ways are you tempted to spin or cover your losses and miss God's deeper work in your interior?
<input type="checkbox"/> Week 8 4/2-4/8	Ch 6	Optional podcast: https://practicinthewayarchives.org/teaching/sabbath-summit	<ol style="list-style-type: none"> 1. On a scale of 1-10, how bust are you and where on the scale would you like to be? 2. What is one practice you do daily/ weekly that helps you stay connected to God? 3. Ten Commandments and Sabbath characteristics. FAQ'S given to the group leader 4. What activities, places and or people create rest and delight for you?
<input type="checkbox"/> Week 9 4/9-4/15	Ch 7		<ol style="list-style-type: none"> 1. Why do you think we can be committed and growing in christ and yet not be growing in our ability to be "prayerfully present" or loving toward others? 2. What are some of your challenges when it comes to loving your neighbor AND loving yourself? 3. How can you practice the presence of people within an awareness of his presence? 4. Is there someone God is calling you to stop judging? What might it look like to bless and extend mercy to them? 5. Application activity

Track 1-1-3

<input type="checkbox"/> Week 10 4/16-4/22	Ch 8		<ol style="list-style-type: none"> 1. Read Acts 2:42-47, what stands out to you from this passage? 2. How would you describe this community's rule of life? 3. What might be 1-3 truths or applications that God is inviting you to intentionally focus on during the next 3 months? 4. What is one hope or dream you have as you go forward from this course?
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<input type="checkbox"/> Week 11 4/23-4/29 Catch Up/ Hang Out	Retreat	Retreat	Retreat
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<input type="checkbox"/> Week 12 4/30-5/6	Continue to write out your rule of life		<ol style="list-style-type: none"> 1. Reflect on how retreat, rule of life 2. In what ways might God be searching for you today-knocking on the door of your life?
<input type="checkbox"/> Week 13 5/7-5/13	Continue rule of life-application		
	ETS Testimony altogether		